

### ABSTRACT OF THE DISCLOSURE

A shin rest (10) worn by someone who is kneeling enables the wearer's shin to bear at least some of his or her weight to thereby reduce the stress imposed on the wearer's feet. The shin rest (10) also allows the user to sit back on his or her heels without bringing undue weight  
5 to bear on the ankle or the ball of the foot. The shin rest (10) has a body portion (12) that contacts the surface S on which the wearer is kneeling, and thereby supports at least some of the weight and resultant stress otherwise imposed upon the wearer's feet while the wearer is in a kneeling position. The body portion (12) is held to the user's leg by a plurality of straps (14, 16, 18). In a preferred embodiment, the body portion (12) of the shin rest (10) comprises a rela-  
10 tively hard outer shell (26) and a relatively soft cushion liner (24).